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COLEMAN, ALTA.

# The Coleman Journal

Most Effective Advertising Medium reaching the People of Town and District. The Journal goes into the Homes.  
VOLUME 85—No. 11 The Journal—Coleman, Alberta Wed., April 2, 1969 single copy 10c

**Leslie Owen**  
DRY GOODS  
Ladies' and Men's  
Wear  
Across from Central School

## Coleman to Apply For Paving Grant

Coleman council at its meeting March 25 received correspondence from the Department of Highways advising that in order for the town to be assured top priority for a paving grant of \$29,000 to be received in 1970, application should be made as soon as possible.

The grant is a provincial one for paving provided under a five-year plan. A plan of the proposed paving work and application is to be made in the near future.

A team of men from the Workmen's Compensation Board will visit Coleman on May 9th to meet with town crews to give an address on safety and safety equipment in various town work. Including the sewer system. A film is also to be shown. The event will be held in the town garage.

A letter was received from the Greyhound Bus lines requesting 60 feet of parking space from the corner of Pep's Coffee Shop east. A 24-hour service is to be provided. Council approved marking off the parking area.

Councillor Peter Walker reported that a parking problem existed

at the front and side of the Alberta Government liquor store as the 15-minute parking signs were being ignored and cars were being parked there for five hours at a time. The town is poised by the RCMP, who have no jurisdiction on local by-laws. Council is considering hiring a commissioner to work part time to look after various traffic problems.

Jarvis Enterprises of Lethbridge will be contacted with a view to obtaining a price on crushing and hauling costs for 5,000 cubic yds. of half-inch gravel for street and road work.

James Atkinson was appointed as dog catcher for the 1969 year. Local dog owners are reminded that license for animals is now due and the animal by-law will be enforced.

## New Priest Arrives

Bishop Paul O'Byrne of the Diocese of Calgary, has announced sweeping changes in the Catholic parishes under his jurisdiction.

Effective March 9th, over 30 priests were moved in the diocese. Due to the tremendous growth both in the number and population of the city parishes it became necessary to add to the priests serving the people of those areas. As a result Father Krewski of Coleman, Father Andrews of Blairmore and Father Roberts of Bellevue - Hillcrest and the Cowley Mission have been transferred.

In their places only two priests will serve the entire area, and a new format has been developed. Neither of the new resident priests will be designated for any one parish—instead they will work as a team looking after the spiritual needs of all Catholics from Cowley to the B. C. border. Their training and background make them especially suited to minister to young and old alike, and they aim to have a reorganization of the youth groups.

A temporary schedule of times for masses and other events has been worked out, and it is hoped that, subject to any necessary adjustments, all Catholic people of the area will have an opportunity for full practice of their religion. The parishioners are at complete liberty to call either or both of the new priests whenever they wish.

Rev. James M. "Jim" Hagel was born in Beiseker, Alberta, on September 11, 1931, and received his early education there. After graduation from high school at St. Anthony's College, Edmonton, he entered St. Joseph's Seminary there, and was ordained to the priesthood May 23rd, 1959. He served as assistant priest in Drumheller for two years, St. Patrick's at Medicine Hat, four years, and St. James in Calgary for two and a half years. Before coming to the Pass he was pastor at Tilley for a year and a half. He is an enthusiastic skier.

Like Father Jim, Father John Faraday is also an Alberta product, having been born July 30th, 1938, at Strathmore, and was educated at St. Mary's Boys' School, Calgary, and St. Joseph's Seminary. He was ordained June 1st, 1963. He was assistant priest at St. Mary's Cathedral, Calgary, for four and a half years, and during much of this time was chaplain at Holy Cross Hospital. Just prior to being appointed to the Crow, he served as pastor at Raymond, Alberta, where he was active on the Recreation Board, with work among the young people both Catholic and non-Catholic alike. He is an ardent skier.

Both these young priests are delighted to be appointed to the Pass Parishes, and are looking forward to their work among the people as well as the outdoor recreation facilities on the prairies, foothills and mountains of south-western Alberta.

## Jehovah's Witnesses Circuit Assembly

Medicine Hat Crescent Heights high school was the centre of worship for more than 815 who attended the recent circuit assembly of Jehovah's Witnesses March 14 to 16. A delegation headed by the presiding minister, Mr. John Jones, attended from the Pass congregation of Jehovah's Witnesses.

Mr. Jones explained the purpose of the gathering was to provide practical counsel from God's word on the problems of every-day life and instruction on how Jehovah's Witnesses can be more effective in their ministry.

On Sunday a capacity audience packed out the auditorium in the high school to hear Douglas Clegg, district supervisor for Jehovah's Witnesses from Toronto, speak on the subject "Law And Order — When And How?"

Mr. Clegg spoke of the lack of law and order and how it affects all mankind today, regardless of social or economic position. In his opening remarks he painted a world wide picture of lawlessness from top governmental levels to the individual.

He gave four basic reasons why the world is in this lawless condition and why all human efforts to restore peace seem to fail. First he drew attention to the legal systems. He said, "If men were able to formulate perfect laws, those who establish and enforce these laws are imperfect, man would still favor one group over another. Necessary laws are often blocked by rich and greedy persons."

He went on to say "this demonstrates that sincerity is not enough — Proper laws cannot come by this source. Secondly," he said, "even if these laws and the means to enforce them were perfect, many people desire to enjoy the best of life without working. This leads to robbery, extortion, looting, murder, prostitution, gambling and the misuse of drugs. Such practices do not exist without customers."

The third reason he gave for the lack of Law and Order was that of the Devil. "The Bible indicates him to be the ruler of the world," he said, "he is able to lead many away from the perfect and just law of God."

"Satan is a very subtle enemy," he warned, "he is able to corrupt many unsuspecting people."

His fourth reason was the fact that Jehovah God never gave man the right to sell. To substantiate this he quoted Jeremiah 10:23 where it says: "I well know O Jehovah, that to earthling man Jehovah does not belong. It does not belong to man who is walking even to direct his own steps."

"When governments and individuals reject God's guidance, they

## Plans Approved For New School

The Board of Trustees of Crows Nest Pass School Division No. 63 at its meeting this week approved final plans for the new composite high school to be built east of Coleman to serve the entire division. It is expected work will start this spring.

The board temporarily suspended the bursary policy started several years ago but will fulfill its obligation to students now under the scheme.

Secretary - treasurer John Albizzati will look into costs and types of various makes of folding bleachers for use in the new composite school.

The resignation of Mrs. Virginia Diskin as teacher of a special education class in the Coleman Central School was accepted with regret.

A letter is to be directed to Miss Mary Adamec and her students for the excellent displays they prepared for the recent grade 8 science fair.

Successful tenderer for the residence building on the Coleman school grounds was Barney Saloff of Coleman.

## Car Check Campaign

### DIAGNOSIS

Quick recognition of car ailments symptoms while at the wheel of the vehicle is a must in order to get dangerous hazards repaired in time to prevent accidents.

The Canada Safety Council's Spring Car Check campaign emphasizes the importance of being able to spot these tell-tale signals while cautioning motorists that their best guarantees of car safety are regular checks by qualified technicians.

Car mechanics recognize faulty brakes as the most dangerous hazard. If they feel the car pulls constantly to the side when stopping—get your brakes checked. The pulling could also signal defective alignment.

Check-up experts pin-point faulty steering as the next biggest danger. Excessive play of the steering wheel indicates a worn or faulty steering box, faulty ball joints, tie rod ends or idler arms.

Noisy exhaust systems, unusual odors and doors that don't shut properly should also alert the driver there's trouble with his car. Recognize the danger signs and have the ailments cured quickly by experts in order to make the roads safer this spring and all year.

become lawless toward God," he pointed out. "Like children, if they refuse to listen to their parents, they become lawless to them."

The audience was encouraged to respond to the teaching of Jehovah now. "This is the time," Mr. Clegg said, "to let God's word mould our thinking and acting as to Law and Order. Learn about and resist the influence of evil, and the disrespect for law."

## Baby Sitting Course Planned

A baby sitting course approved by the Alberta Safety Council is being sponsored by the Crows Nest Pass Chapter of the AARN and will be held simultaneously at the Isabelle Sellen school, Blairmore; Horace Allen school, Coleman, and the M. D. McEachern school, Bellevue. Dates for the course are April 21, 24, 28, May 1, 5 and 8.

The course is open to anyone over 12 years of age and a pre-registration period of high school students will be conducted at the schools prior to April 3rd.

Other persons interested in attending the course may register by contacting or phoning Mrs. Rachel Coward at 562 - 2014 or Mrs. M. Varnum at 562 - 2594. A fee of \$2 is being charged for the course which includes literature and other necessary materials.

The five sessions will include ethics of baby sitting, first aid, child care, fire and safety measures. On completion of the course examinations will be held and those successful in passing will be the recipients of diplomas.

## Lions Provide Hospital Equipment

Ernie Luini, administrator of the Crows Nest Pass Municipal Hospital, accepted a cheque for the sum of \$1100 from Coleman Lions president Jack Colwell to pay for a Burdick Diathermy unit complete with arm and contour applicator.

Attending the presentation was Zone Chairman and Secretary of the Coleman Lions, Fred MacLeod. The machine is a short wave deep heat unit that is used in the treatment of various ailments requiring heat applications such as rheumatism and arthritis.

Money to pay for the unit was raised through various Lions club activities.

## Recreation News

(By Arnold Habeler, Recreation Director)

The Recreation Board for the Crows Nest Pass has been in existence since October, 1967, and I, personally, have been in the Pass now for 13 months.

There is no doubt that there are some people who know of the Recreation Board and furthermore that the Pass has a Director. It has become most apparent that far more know very little of what the Board and/or Directors have done and are doing in the Pass.

The purpose of this column is to provide for you, the people of the Pass, an insight into the goings-on in Recreation throughout the area.

It is my intention to use the form of both a "Viewpoint" as well as a "Factual" column.

Throughout the next two weeks I will be involved with meetings to wrap-up "Minor Hockey" in the Pass. Meetings have been arranged in all of Bellevue, Blairmore and Coleman. At each of these meetings we will be discussing the 1968-69 season and trying to arrive at a solution to the problems that were experienced the past season. I will be attempting to move to sell the idea of a "Rocky Governing Body" for the Pass and hope that some of you will see the advantage of such an association and support it.

Insofar as the arenas are concerned, I hope to meet with them also. The purpose of such a meeting would be to further clarify the administration and workings of the "Joint Use Agreement", and iron out any wrinkles in their schedules.

I sincerely hope that if anyone has a comment to make on the above two items, that they will come out and express them.

With a brief look into the future, the Recreation Board will be receiving their "Preliminary Swimming Pool Report" on Wednesday, April 15th. With that report the Recreation Board, the Swimming Pool Committee and the Pass Pool Project Committee as well as your Director, will all swing into action. There's a lot of work to be done in this area and a lot of public support needed before a pool can be built.

More information will appear on our Swimming Pool as it becomes available. So watch this column and this paper for the facts as they are released.

In conclusion for this week, remember your comment and opinions are needed, in so long as they remain constructive and remember "Recreation is for people, so get involved—you'll love it!"

Forty-five per cent of Canada's total precipitation falls in British Columbia. Due mainly to the presence and location of the Rocky Mountains.

## Old Timer Laid To Rest

McGILLIVRAY—Herbert Angus, passed away in the Crows Nest Pass Municipal Hospital on March 20, 1969, at the age of 88 years.

He was born in Grenville, Que., April, 1881, and came to the Crows Nest Pass in 1909 settling in Coleman. He married the former Daisy Wheatcroft in 1924 in Drumheller. His ruin was of the Jehovah Witness sect.

Predeceased by his wife in Coleman in 1951, and his parents in Quebec.

Survivors include one son Herbert of Coleman; a brother, Ralph of Calgary; a sister, Mrs. Grace Kelly of Michigan, U.S.A.; and a brother Bill.

Funeral service was conducted in Fantin's Coleman Chapel March 22, 1969, at 2:30 p.m. with Ian Price of Coleman, presiding minister for Jehovah Witnesses officiating.

Burialbearers were Frank Vyse, Bruce Bouthillier, Dave Bouthillier, Gordon Hord, Robert Cotton and Frank Krish.

## Forest Guard News

Under the leadership of Mr. James Kilgannon, 13 members of the Coleman Girl Forest Guards were successful candidates when the group took the St. John Ambulance Junior First Aid examinations.

The girls were Debbie Slavak, Ann Rowbotham, Louanne Robertson, Darcy Peknik, Judith Kulig, Jane Ann Kulig, Candice Haslett, Kathleen Bowman, Debbie Bergquist, Ruth Ash, Janice Ash, Carolyn and Donna Ansell.

The Guards extend a special vote of thanks to Mr. James Kilgannon for his time spent giving instructions; also to Mr. Mike Kubica, Mr. Aloise Kubica and Mr. Alex Rae for conducting the examination.

## Blood Clinic April 16th

Mrs. Anna Fabro, chairman of the Red Cross campaign for funds announced this week the quota for the Blairmore canvass is \$500.

The canvassers are making their calls. Residents are urged to lend full support to the appeal.

Clinic Set

Mrs. Fabro said the annual spring Blood Donor Clinic will be held in the Elks hall, Blairmore, April 16th. An afternoon clinic, from 1 to 3 p.m. will be held as well as an evening clinic from 6:30 to 9 p.m.

Mrs. Fabro reported during the past year a total of 200 pints were issued to local persons and the clinic in the spring gathered 146 pints.

All donors are urged to turn out and donate a pint.

## John Porco Appointed Counsellor

Louis Guimond, counsellor for the Family Life Centre office in Blairmore, is taking a leave of absence due to ill health.

John Porco, formerly of Natal, B. C., has accepted the position. Mr. Porco completed his schooling in Natal and then studied Social Welfare at Mount Royal College in Calgary.

He held the position of assistant Dean at Mount Royal for four years and took Education at the University of Calgary and also studied Sociology at the University of Montana.

He has been employed with the Calgary Social Service Department as a probation officer and social worker.

New offices have been established in the upstairs offices of the Kubik Block and office hours for counselling will be from 9 a.m. to 5 p.m. Mondays, Tuesdays and Thursdays. Appointments can be made by phoning 562-2331 or making a personal visit to the office.

The Family Life Centre office in Fincher is located in the Municipal District Building and office hours are from 1 to 5 p.m. on Wednesdays and Fridays. Appointments can be arranged by phoning the Municipal District Office.

## 1969 EASTER SEAL CAMPAIGN



Alberta's 1969 Easter Seal Campaign got underway Thursday, March 6th. The objective — \$185,000. This year nine Easter Seal fund raising clubs from Red Deer south will be responsible for \$82,000 and 15 clubs north of Red Deer and extending as far as Dawson Creek and Fort St. John will be responsible for \$102,000. Four hundred and fifty thousand Easter Seal envelopes are now in the mail. 5½ year old Allan Zimmerman of Edmonton has been selected as Alberta's Easter Seal Timmy for 1969. Allan has made a remarkable recovery from a leg amputation and uses an artificial limb. Two Honorary Easter Seal Chairmen introduce friendly rivalry into the campaign this year. They are Miss Patricia Cooper (Miss Calgary Stampeder) of Calgary and Miss Barbara Casault (Miss Edmonton Eskimo) of Edmonton. They are pictured above with Timmy ready to "face off" the campaign.

COLEMAN ELKS  
CASH and PRIZE

## BINGO

IN THE  
Elks' Hall, Coleman

ON

Thur., April 3

AT 8 p.m. SHARP

Admission - 12 Games - \$1.00

BONUS CARDS 25c

## PRIZES

\$110.00 Jackpot in 57 Numbers  
or less. If not won to up \$10.00 each Bingo Night

\$10.00 Extra Card Bingo

Winner to receive \$2.00 extra for each extra card he holds

\$50.00 Cash Bingo to Go

\$50.00 Cash Bingo in 57 Nos.

If not won in 57 Nos. prize money will decrease \$5.00  
each extra call until won.

8 Other GOOD PRIZES

with option of Cash or Prize

## R. E. Thibert Construction

EXCAVATING, DITCHING and DOZING  
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B. A. GAS and OIL - SENTINEL TIRES

MOTORS STEAMED

COIN OPERATED

## CAR WASH

Open 6 a.m. to 9 p.m. Daily

## Cash Prizes

COLEMAN LIONS

It's  
Fun!

## BINGO

IN THE

Coleman Elks' Hall

ON

Wed., April 9th

At 8.00 p.m. sharp

Admission - 12 Games - \$1.00

Bonus Cards 25c

\$100 Jackpot in 75 Nos.

OR LESS

5 Prizes of \$12 and 5 Prizes of \$10

and

\$25.00 Bingo in 7 Numbers or Less

and

Also EXTRA GAMES according to attendance.

## THE COLEMAN JOURNAL

Published Every Second Wednesday at Coleman, Alberta  
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Buildings(B. A. E. Bridges, Alberta Fire  
Commissioner)

Have you noticed lately that recreation centres, community rinks and community halls have a load the fire news? This means a loss to the whole community and it should stimulate our thinking into why there should be repeated losses of this type of building.

In Alberta during the year 1968 we had reports of 15 losses causing over \$100,000 worth of damage but already during 1968, nine fires have caused a total of approximately \$2,000,000 fire loss.

The Fire Commissioner's office has made a series of inspections to discover the kind of supervision that exists in this class of property. We find there are contributing factors in all of these fires.

The first is that normally the structure is of combustible material and due to the large open areas, fire spreads rapidly and it is soon beyond the extinguishing capability of the fire department. The second condition is the lack of watchman and patrol services, and lack of supervision of the property by any means that would guarantee early discovery of a fire. This adds up to the third condition that seems to persist — that is, delay in sounding the alarm to call the fire department.

If you have a community centre or arena or other building of this type in your community, we urge close attention to the following details:

- 1—Make a thorough clean up of all areas after each function, and remove all garbage from the building immediately.
- 2—Establish a watchman patrol system which will keep the hall well patrolled for at least two hours after each use.
- 3—Train all members of the staff in the methods of notifying the fire department and in the use of fire extinguishers.
- 4—Provide adequate private fire protection which may include approved automatic fire detection and automatic fire extinguishing equipment.

## Blue Babies

The term "blue babies" has over the years been applied to babies born with congenital heart defects in which the blood does not take up as much oxygen as it does in a normal person. Consequently, the baby's finger tips and lips look blue.

The likelihood of a baby being born with a heart defect in which blueness is a factor is much less than one in 100, according to The Canadian Medical Association. Before 1949 there was nothing that could be done for these babies. Most of them lived short, unhappy lives, short of breath and unable to cope with the normal activity of a growing child.

With the development of the

Tausig-Blalock operation it is possible to create an extra connection which allows more blood to go to the lung. This removes the blueness and the baby is able to get more oxygen into its blood and to carry on much more like a normal child.

Several hundred of these operations have been done in this country and elsewhere.

In recent years, with the development of open-heart surgery, it has become possible to do a curative operation. Using the heart-lung machine, the defects inside the heart can be completely corrected with relatively little risk, the CMA reports.

Some babies have this condition in such a severe form that they have to have the Tausig-Blalock surgery to help them live long enough in order to have the curative surgery.

## How To Stop Bleeding

Tips From St. John Ambulance  
How do you stop bleeding?

With a superficial cut or wound, normal clotting will probably stop bleeding without much attention.

With serious bleeding, St. John Ambulance recommends that you apply firm pressure directly on the wound. If sufficient pressure is applied bleeding will always be controlled. It is best to apply pressure through a thick compressible dressing bandaged to the wound. However, if bleeding is profuse and no dressing is available, don't delay — press directly on the wound with your bare hand. If a foreign body is stuck fast in the wound don't try to remove it — apply pressure around the wound. It will also help to get the patient lying or sitting down, with the wounded part elevated above the level of the heart.

## Letters to the Editor

926 - 18th Ave. N.W.,  
Calgary, Alberta,  
March 25, 1969.

Dear Mr. Holstead:

Just a few lines with the money order for The Journal. Sorry to be late.

We, like all people, are glad to see the signs of spring. We had a hard winter of it.

Ernest had to go through an operation and came home Christmas Day. He has spent very much of 1968 in the hospitals so hope it is all in the past now.

We are all fairly well. My family had their run of their share of sickness too.

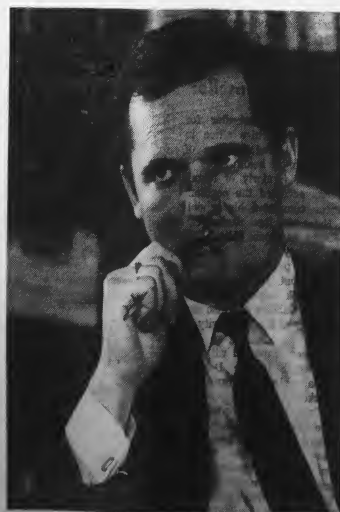
Bill has been moved to Medicine Hat from Drumheller. He is with the C.P.O. Gas Co. for CPR. Hope you and Mrs. Holstead are enjoying good health. Best regards to all Coleman friends.

(Mrs.) Dorothy Kennedy.

Each year, the Canadian Red Cross gives emergency assistance to more than 11,000 victims of house fires across the country.

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## RETURN OF WOJECK



That crusading coroner Steve Wojcek, as played by John Vernon will be back on the CBC-TV network for a 10 week season of repeats from earlier series. Wojcek is scheduled to reappear on the TV screen across the nation very shortly. The popular star of the series, John Vernon, is now living and working in Hollywood.



## THE

BLOOD  
DONOR  
CLINIC

WILL BE HELD IN THE

Elk's Hall, Blairmore

ON

Wed. April 16

From 1 p.m. to 2:30 p.m.  
and 6.30 p.m. to 9 p.m.Amount of Blood collected here in 1968—146 pts.  
Amount issued to the C.N.P. Hospital in 1968  
was 200 pints.

90 patients received Blood Transfusions.

## DO IT NOW

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In our old location on Second Street, north of Elks Hall

when the peddler selling printing supplies  
solicits your business, there are a few  
questions which he should be willing  
to answer to your satisfaction:

1. Does he pay taxes in this community?
2. Can he supply your order on short notice?
3. Does he donate space in the newspaper to your local community enterprises?
4. Does he pay wages to a force of employees located in Coleman?
5. Does his newspaper donate its space toward the betterment and upbuilding of this community?
6. Does he grant you every favor that you would ordinarily ask your local newspaper?
7. Does the quality of his merchandise stand inspection?
8. Does his price include sales tax, postage and insurance charges?

If he can answer ALL the above questions in the affirmative,  
he has an equal right to your business.IF NOT — CONSULT  
THE

Coleman Journal

# Where would you be without your telephone?

Probably lost and relying  
on daisy petals to tell you  
whether or not he cares!

A telephone transmits  
the all-important sounds of  
love, comfort, safety and security.

Just think how many times you  
rely on your phone.

DOCTOR TAXI DRY CLEANER

BABYSITTER RECIPES

DEPARTMENT STORE

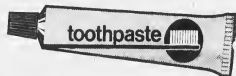
MOTHER FATHER DRUGSTORE

LOVE PRIZES HOPE GOODNIGHT

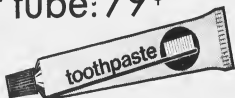


ALBERTA GOVERNMENT TELEPHONES

first tube: \$1,500,000



your tube: 79¢



how come?

Often a fortune has to be squeezed into a tube of toothpaste—or for that matter, any product—before it can be sold.

There's a lot of money for product research... for consumer testing... for manufacturing... for packaging... and finally for promotion to tell you the advantages of the product. The product you eventually see in an ad has taken months, maybe years, and often millions of dollars to get there.

Does advertising reduce the costs from millions to 79¢? Of course not. But, without it, manufacturers could not afford to invent new products or improve on old ones... because advertising tells enough people about the product to make mass production possible and practical.

So if your teeth are a little brighter, and you're spending less money on dental care than last year... that's the point we're trying to get across: Advertising helps good things happen.

advertising helps  
good things happen

6-MPB-B

## Attention Mothers!

THE CHINOOK HEALTH UNIT

Will hold a Well-Baby & Pre-School Clinic

ON	AT	IN	FROM	
April 5	LUNDBRECK	Anglican Parish Hall	1:30-3:30 p.m.	
April 8	COLEMAN	United Church Hall	10:30-11:30 a.m. & 1:30-3:30 p.m.	
April 10	BLAIRMORE	Health Unit Office	10:30-11:30 a.m. & 1:30-3:30 p.m.	
April 11	HILLCREST	Credit Union Office	10:30-11:30 a.m.	
April 11	BELLEVUE	Town Hall	1:30-3:30 p.m.	

— FLUORIDE TABLETS AVAILABLE UPON REQUEST —

### Long Distance Telephone Rates Reduced

Long distance telephone rates will be reduced between Alberta-Yukon and some points in northern British Columbia effective March 16, 1969.

These reductions are the results of continuing negotiations between Alberta Government Telephones & Canadian National Telephones, the two companies that own the microwave systems that link the north with the rest of Canada. These negotiations produced similar reductions last year.

Examples of the new station-to-station rates are from Edmonton to Whitehorse was \$4.05, will be reduced to \$3.60, and from Calgary to Whitehorse the new rate will be \$3.70 down from \$4.20. There will also be reductions in the person-to-person, night and Sunday rates.

These reductions are in effect from all points in Alberta and are possible because of the increased telephone traffic into the north.

### Recreation Show Is Planned

April 22nd, 23rd, 24th and 25th will bring another first to Lethbridge in the form of a big Outdoors Recreation Show at the Exhibition Pavilion. This sportsmen's show will feature display booths on all aspects of outdoor recreation — winter sports, summer water sports, camping, riding, touring and photography.

Also, professional equipment will be featured each day — entertainment will include Lethbridge's outstanding young "Point of Interest". Demonstrations and displays of trap shooting, archery, skin and scuba diving, golf, field dogs, fly fishing and more will be staged for the public. Films will be shown each day, for both the adults and youngsters, making this a show for the whole family. It is expected that most sporting goods distributors in South Alberta will take advantage of the opportunity to show their wares.

This big outdoors recreation show is being sponsored by a new group called the Outdoors Recreation Association, headed by well-known recreation expert Ben Brooks. The Association motto is: "Dedicated to the Activities of the Great Outdoors".

The show is being staged to help stimulate public interest in outdoor recreation in this beautiful province of Alberta — to encourage

further development of our outdoors for recreation — to promote conservation of our resources—and to utilize more fully Alberta's beautiful outdoors for recreation.

Naturally it is hoped that Southern Alberta's thousands of outdoor lovers will take in this big show and make it possible to stage it as an annual event. Similar shows are gigantic successes in most other cities — Calgary's show now attracts almost 20,000 persons annually.

Groups and businesses wanting information on display areas should call 327-0421 or write "The Outdoors Recreation Association" at box 183, Lethbridge.

### Revisions Of The Alberta School Act

The Alberta Department of Education, in considering total revision of the School act, will invite the public at large to submit proposals which will be considered by the committee made up of mem-

bers of the Alberta Teachers' Association, the Trustees' Association and representatives from the University. The Advisory Committee, responsible to the Department of Education for submission of all proposals is supervised by Mr. Bryant Stringham.

The study will centre on fourteen problems, including employment of superintendents, fees for non-resident school students, qualification for a teacher's certificate and school attendance.

Many changes in the School Act were made in 1955 and many amendments have been incorporated throughout the years. However, there is a changing philosophy on the concept of the purpose of the school, and the purpose of the committee is to bring the act up to date to fit in with the new modern concept of education.

The proposals will be ready for draft in the next session of the legislature.

### HAPPY BIRTHDAY, CBC STAGE!



Shown at the recent 25th anniversary celebrations of CBC Stage are Esse W. Ljungh (L), supervisor of drama for CBC radio, and Andrew Allan (R), who originated the Stage series in 1944. Ljungh succeeded Allan in 1955. Between them they have produced hundreds of plays and introduced many promising Canadian writers and actors. CBC Stage is broadcast Sundays on the CBC radio network.

Never underestimate the POWER of a woman!



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## GOVERNMENT OF THE PROVINCE OF ALBERTA

**PUBLIC SALE OF LAND**UNDER THE TAX RECOVERY ACT,  
R. S. A., 1955**Town of Coleman**

Notice is hereby given that under the provisions of The Tax Recovery Act, the Town of Coleman will offer for sale by public auction at the office of the secretary-treasurer, Coleman, Alberta, on the 28th day of April, 1969, at 2 o'clock in the afternoon, the following lands:

Lots	Block	Plan	Lots	Block	Plan
6-7	10	820L	36	C	2446AA
3	13	820L	16 17	3	6808CU
4	26	820L		A	7095FR
11	C	2446AA	10	36	820L

Each parcel will be offered for sale, subject to the approval of the Minister of Municipal Affairs, as to those parcels upon which any person resides, or of which any person is in actual occupation, and subject to a reserve bid and to the reservations and conditions contained in the existing certificate of title.

Terms: Cash.

Redemption may be effected by payment of all arrears of taxes and costs at any time prior to the sale.

Dated at the Town of Coleman, in the Province of Alberta, this 5th day of February, 1969.

CLARENCE F. SCHILE,  
Secretary-Treasurer.**ANNOUNCING****Sherbo's  
PIZZA**Now available in  
Coleman, Blairmore and BellevueCOLEMAN - Zak's Meats and Groceries  
Holyk's Meats and Groceries  
Kropinak's General StoreBLAIRMORE - Dobek's Groceries  
Marra Meats and Groceries  
Catonio's Groceteria

BELLEVUE - I. G. A. Store

This Pizza is Fresh not Frozen  
Follow Directions on Label**Town of Coleman  
NOTICE**

Please be advised that Mr. Jim Atkinson has been appointed Dog Catcher for the Town of Coleman as of March 25th, 1969.

CLARENCE F. SCHILE  
Secretary-Treasurer.**Let The Journal Handle  
Your Printing****The Homemaker**

Miss Eileen Sullivan,  
District Home Economist,  
Clareholm, Alta, Phone 235-3842  
Cardston Phone 653-9462  
Pincher Creek  
Phone 627-3130 or 627-4022

**Food-Borne Illness**

Food-borne illness, popularly referred to as food poisoning, may be caused by eating food contaminated by harmful bacteria. The symptoms are usually an upset stomach with severe pains, diarrhea, nausea and a general upset feeling. It can be mistaken for acute indigestion.

A food may look, taste and smell right and yet it could cause an unpleasant illness if it had been exposed to contamination by harmful bacteria from such sources as: —dirty kitchen or factory; —food handlers with unwashed hands, bad coughs, infected cuts; —flies, insects and rats which may carry contamination and transfer it to food.

The most common bacteria causing food-borne illnesses are staphylococci and salmonellae.

Staphylococcal bacteria cause food poisoning by producing a toxin or poison as they grow in the food. The food must be held at warm temperatures for several hours before toxin will form.

Killing the bacteria by cooking does not make the food safe as the preformed toxin is not destroyed by normal cooking.

In salmonella food poisoning or salmonellosis, the harmful bacteria have multiplied to the extent that when the food is eaten, the bacteria may invade the tissues lining the stomach and intestines and cause an infection.

**Foods Most Likely To Be Contaminated By Bacteria**

Harmful bacteria grow mostly in moist foods such as custards, cream fillings, salads such as egg and tuna, eggs from infected chickens, meat pies, cooked meats, especially ham and chicken and sandwiches made from them and unpasteurized milk. While staphylococci and salmonellae can cause illness from any of these foods, generally speaking certain foods are more often associated with one type than another, such as salmonellosis from improperly processed or carelessly handled poultry products.

If you leave any food which is susceptible to bacterial growth in a suitably warm room (above 40 deg. F.) you have a potential health hazard for food-borne illness.

**At The Food Market**

Look for branded meat with government approved stamp. Keep vacuum packaged meat refrigerated.

When choosing hot barbecue meats — it is best to buy meat, hot, right off the spit or to completely reheat it at home.

Select frozen and perishable food last, especially in the hot summer months.

**Storage**

Follow storage directions on the labels of perishable or frozen food. Promptly refrigerate left-overs from prepared dishes. Do not give bacteria a chance to grow.

For safe storage keep food cold (less than 42 deg. F.) and keep hot food hot (at least 140 deg. F.).

Refrigerate all dairy and whipped vegetable oil products, e.g., toppings.

On a picnic or a trip—take extra care of foods which spoil easily in warm temperatures.

**Preparation**

Good hygiene is always necessary when handling food.

Serve prepared food containing eggs, milk or gravy within two hours or refrigerate.

Refrigerate dishes like potato salad, chicken pies, or chicken salad as soon as they are made—to avoid bacteria growth.

Always follow the time and temperatures given on the labels for cooking frozen foods like TV dinners and meat pies — for safe eating.

Thoroughly cook all poultry and promptly refrigerate left-overs. Thoroughly clean cutting boards after every use. Cracked or scarred boards are a health hazard. (Condensed from Consumer Memo, Consumer Division, Food and Drug Directorate, Department of National Health and Welfare, Ottawa).

**New Five Year Plan  
Approved**

An integrated plan for the coordinated development of The Canadian Arthritis and Rheumatism Society's program for the five years 1970 to 1974 was approved by the National Board of Directors at a special two day meeting held in Toronto in mid-February.

Coming from coast to coast, 49 volunteers and staff were present to represent all Provincial Divisions.

"The Society's objectives have remained unchanged in the 20 years of its existence," was pointed out by L. D. Fraser, president, "but the relative emphasis assigned to various programs and methods must continue to change in accordance with changing circumstances."

The program for the next five years will give greatly increased impetus to the development of the Rheumatic Disease Units now in existence at seven Canadian medical schools, and to the establishment of new Units at five additional schools, he said.

The program for the next five years gives highest priority to expanding support for clinical research and other educational activities designed to improve the training of doctors and other health workers in the arthritis field, the establishment of improved standards of patient care, and the development of more specialists in rheumatology.

When the five year program is completed, there will be a Rheumatic Disease Unit in most major medical centres in most provinces. Such units which involve research, education, patient care and professional leadership are the focal point of arthritis control programs for the regions in which they are located.

The services provided to arthritis patients directly by the Society, will become increasingly a charge on provincial governments. In several provinces, governments already bear 90 per cent or more of these costs. It is expected this will be the case in all provinces within the next two or three years. The contributing funds will thus become increasingly available for use in the search for the cause and cure of arthritis and the other rheumatic diseases.

"I think it is fair to say that we are on the threshold of achieving the world's best arthritis control program," said Edward Dunlop, executive director of the Society. "This is what our medical advisors tell us lies ahead, if only we can attain the goals established in the new five year program."

In practical terms, he said that this would require the Society and co-operating institutions and professions to accomplish as much in the next five years as had been accomplished in the previous 20.

**Menstruation**

Mothers have a responsibility to prepare their daughters for their first menstrual period. Generally they should forget how they were told, if they were told at all, The Canadian Medical Association advises.

The first menstruation marks the onset of puberty. It is a physiological event signalling the start of function by the ovary gland.

There is a definite correlation between the mother's attitude toward menstruation and her general emotional outlook and attitudes. A calm woman will be able to prepare her daughter sensibly for this event. The nervous woman, uncertain of herself and strung up by her own periods, may well turn this physiological nuisance into a frightening event.

Daughter should be told what to expect. The first menstrual period is practically never heavy, nor is it painful, so she shouldn't be warned about pain and heavy bleeding. Also, mothers should use the technical terms — menstruation and menstrual period. The use of silly terms such as the curse, the visitor, or even worse, being sick or unwell, keeps young girls poorly informed.

There is a range of events occurring prior to menstruation which gives mothers plenty of warning in judging the time to talk to their daughters. Between ages 10 and 12 the girl's breasts begin to develop. Between 12 and 13 she will develop pubic hair, and increased vaginal secretion will give notice of a menstrual period within six months.

There is no exact age of onset for the first menstruation. The average age is 13, and the usual range is between 12 and 14. During these three years, 75 per cent of girls will start menstruating. If a girl hasn't started by age 17, the CMA advises that she be seen by the family doctor.

**Wedding  
Announcement**

Mr. and Mrs. Daniel Cocciolone of Coleman, wish to announce the marriage of their eldest daughter Diane, to Mr. Garry Stray of Calgary. The wedding took place in Vancouver, B. C.

**Card of Thanks**

We would like to express our sincere thanks to those who sent flowers, letters, cards of sympathy or helped in any way during our recent sad bereavement in the passing of our dear mother and grandmother, Mrs. B. Kohout. Ann Tsapak and Family.

**Legal Notice**

**NOTICE TO CREDITORS AND CLAIMANTS**  
In the Estate of WLADYSLAW KOTKO also known as WALTER KOTKO, late of Coleman, Alberta, Miner, who died on the 6th day of December, 1968.

Take notice that all persons having claims upon the estate of the above named must file with the undersigned by the 5th day of May, 1969, a full statement of their claims and of securities held by them.

L. G. G. Breeze,  
Assistant Public Trustee,  
5th Floor,  
Natural Resources Bldg.  
205 - 9th Avenue S. E.  
Calgary 21, Alberta.

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**Coming Events**

Minerva Chapter No. 41, O.E.S., will hold a tea and bake sale on April 19th in the Miners' hall.

The Horace Allen High School Year Book Club will hold a Spring Tea and Bake Sale on Sat., May 3.

Victoria Rebekah Lodge will hold a Mother's Day Tea and Bazaar in the I.O.O.F. Hall on Saturday, May 10th.

The Ladies of the Italian Society will hold a Rummage Sale and Bake Sale in the Italian hall on Saturday, May 17th, from 2 to 5 p.m.

The Polish Ladies will hold a Bazaar in the Polish Hall, Coleman, on Saturday, June 14.

St. Paul's United Church Women will hold a Strawberry Tea in the Club Room on June 16th.

St. Paul's United Church Women will hold an Autumn Tea in the Club Room on September 10.

St. Paul's United Church Women will hold a Fall Social in the Club Room on October 29th.

St. Paul's United Church Women will hold their annual Fall Bazaar in the Club Room on Nov. 15.

**Attend  
Church****ST. PAUL'S  
United Church**

Morning Service—10 a.m.  
Sunday School—11:15 a.m.  
You are All Welcome.

**COLEMAN CHRISTIAN  
ASSEMBLY**  
Family Bible Hour — 11:00 a.m.  
Lord's Supper — 12:30 p.m.  
Evening Service — 7:00 p.m.  
Holding Fast the Faithful Word — Titus 1:2.  
Holding Forth the Word of Life — Philippians 2:16.

**JEHOVAH'S WITNESSES  
Coleman**

Meetings at Kingdo Hall  
Every Sunday at 11 a.m.  
Every Friday at 7 p.m.

**LUTHERAN SERVICES**  
Held in the Anglican Church  
7:30 p.m. Each Sunday  
Rev. Karl Keller  
Phone 627-4276  
Pincher Creek.

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## Personalities IN THE NEWS

Mr. and Mrs. Hartly Dunlop of Calgary visited at the home of the latter's sister and brother-in-law, Miss Margaret and Mr. Hugh Dunlop. While here they attended the funeral services of the late Mr. H. A. McGillivray.

Bryan Zak, attending University at Missouri, U.S.A., is visiting his parents Mr. and Mrs. Henry Zak.

Friends are pleased to hear that Mr. Harold Chamberlain of Blairmore is convalescing at his home after being a patient in an Edmonton hospital.

A renewal subscription was received from Mr. and Mrs. Joe Malanchuk of Pincher Creek. They both wished to be remembered to old friends here and say that Coleman is still the old home town to them.

Friends are pleased to see Mr. R. E. Thibert around again after being a patient in the C.N.P. hospital for the past two weeks.

Mr. and Mrs. Fred McLeod and family visited Mr. and Mrs. C. Westly at Pincher Creek last Saturday.

Mr. and Mrs. Ed. Ledieu are both patients in the C.N.P. hospital. Friends will wish them a speedy recovery.

Volunteers perform more than 90 per cent of the work done by the Canadian Red Cross Society.

### Minister Peter Walker To Leave June 30

Minister Peter Walker of St. Paul's United Church, Coleman, announced at church last weekend, that he would be leaving the Coleman charge as of June 30.

Mr. Walker's new posting is not yet known and his replacement has not yet been appointed.

Mr. and Mrs. Walker have been in Coleman for the past five years and have been ardent workers in the Coleman and Hillcrest United Church.

### Robt. Ken Blain Passed Away at Kimberley

Word was received this morning of the passing of Mr. Robt. Ken Blain (a former Coleman resident) at Kimberley, B.C. on March 21. A further report will be carried in our next issue.

### Coleman Elks Bingo Winners Announced

Coleman Elks will hold the regular bingo night on Thursday, April 3rd, instead of the Friday, due to the Easter holiday. The event will feature a \$100 57 number black-out bingo, \$50 to go, \$50 reducing prize bingo, a \$2 extra card bingo and eight extra games for cash or prizes.

Winners at the last bingo were: Turkeys, Mrs. F. Cote, Keith Sprlak, Carole Liesemer.

Hams, Mrs. M. Jarvis, Mrs. Tillie Hillas, Rose Saad and Rea Pine.

\$30, Mike Amatto; \$50, Sofie Le-pacek; \$20, Mrs. A. Fleming and \$10, Mrs. E. Kinnear.

### Lions Bingo Night Winners Named

The \$100 jackpot at the Lions bingo night was won by Albin Mickels of Blairmore.

Other winners were:

Turkeys: E. Podrasky, Trudy Knight, Pat Virtue, Mrs. Cimbun, Emily Hruby, Marge Kubica, Vera Wyse, Josephine Mills.

\$10 each, Gina Lord, Jerry Avoleo, Edna Campbell.

\$35, Trudy Knight; \$20, Elizabeth Kinnear; \$12 each, Mrs. Gilmar (twice), Mrs. A. Krywolt, Isa Pierzchala.

\$3 each, Andy Latka, Mr. Pisony, Irene Letcher, Gina Lord.

\$1 each, Mrs. Blas, and Ernia Cree.

The next bingo April 9th, will feature \$100 to go, five \$12, five \$10 and a \$25 seven number bingo as well as other games.

### The Gift, Of Life

Barry Isaac is now 25 years of age and during these years he has received 2,000 transfusions from Southern Alberta blood donors, and must continue to do so in order to be able to live a normal life. Here is his story.

Barry was born in Lethbridge, Alberta, and shortly after his birth his parents discovered that he was a haemophilic, commonly known as a "bleeder". With Barry it was internal bleeding, mainly in the joints, accompanied by excruciating pain. He spent more time in the hospital than out of it. Three years of his life were spent in a wheel chair and his future did not look very bright.

It seemed that little could be done and Barry had resigned himself to spending most of his life in a hospital bed.

The family had moved to High River when Barry was five years old and lived there until a little over two years ago when they moved to Calgary. During this time constant blood donations kept him alive.

Then, just two years ago Barry was put on cryoprecipitate (a blood derivative) requiring 12 units a week — which means 12 donations of blood. This treatment along with physiotherapy worked like magic. His legs gained strength and Barry now walks several blocks to the hospital for treatments. He entered an Arts course at the University of Calgary this fall and will be majoring in English. He plays the guitar and he and two friends formed a trio, which performed on television recently on the United Fund "tele-

thon".

On the 31st of August of this year Barry married Joan Hodgson, an X-ray technician and the future looks pretty promising.

Barry is a very intelligent young man and puts his heart into anything he undertakes. He is most grateful to the thousands of Red Cross blood donors who have made a normal life possible for him; and with their continued help — which he will always need — and his own application and determination, nothing but success can follow his endeavors.

Among the 2,000 blood donors who have invested in the life of this young man are the people of Crows Nest District, and Barry's useful life and promising future is indeed a gratifying return on this investment.

This is just one, moving success story of the "gift of life", and the people who give it.

## WANTED

FEMALE - Age 18 to 65 years to work at the Family Life Centre as a Secretary. She must have the following qualifications. Must be able to type. Must be able to do typing from a dictaphone machine. She must also be prepared to keep all matter confidential.

The working hours are Monday, Tuesday and Thursday 9 to 12 a.m. and 1 to 5 p.m.

For further information Phone John Borco at 562-2331.

Apply to Family Life Centre Pincher Creek and Crownest Pass, Blairmore, Alberta.

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BANANAS 6 lbs. for \$1.00	SPUDS, Red 20 lb. Bag 99c	GRAPEFRUIT 9 for - 99c

LO CALORIE ORANGE JUICE, 64 oz. Jug - ONLY 69c

APPLE JUICE, Taste-Tells  
48 oz., 2 for - 75c

ORANGE DRINK, Green  
Spot, 5 Quarts for \$1.00

FRUIT COCKTAIL, Libby's  
15 oz., 3 for - 89c

PEANUT BUTTER, Squirrel  
48 oz. Jar ONLY \$1.15

TOOTH PASTE, McLean's  
Spearmint - Regular - Family Size  
Reg. \$1.29 NOW \$1.09

MUSHROOMS, Stems and  
Pieces, 3 Tins for \$1.00

CREAM CORN, PEAS  
and CUT WAX BEANS  
14 oz., 4 Tins for - 75c

JAVEX, 64 oz. Jug - 45c

LIBBY'S TOMATOES, 20 oz., Limited Supply, 4 tins \$1.00

## P & G Soap Products

OXYDOL, King - - - \$1.79  
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COMET, Regular, 2 for - 55c

## GO-GO With Canada Packers Meat Products

No. 1 BACON, 1 lb. pkg. 89c | Pork Sausage, 2 lb. tray \$1.29  
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FRESH PORK PICNICS, Whole Only, Per Lb. - 49c

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FLOUR, 20 Pound Paper Bag \$1.98

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## Roxy Theatre

Show Times—Monday to Friday, 1 show, 8.00 p.m.  
Saturday at 2 p.m., 7 p.m. and 9 p.m.

### COMING ATTRACTIONS

Thursday and Friday, April 3 and 4

## "Enter Laughing"

Jose Ferrer - Shelly Winters - Comedy  
FAMILY

Saturday and Monday, April 5 and 7

## "BUCKSKIN"

Barry Sullivan - Joan Caulfield - Western  
FAMILY

Matinee, Sat., April 5, at 2 p.m.

Tuesday and Wednesday, April 8 and 9

## "Hammerhead"

Vince Edwards - Judy Geeson - Detective Story  
ADULT

Thursday and Friday, April 10 and 11

## "Trunk To Cairo"

Audie Murphy - Marian Koch - Action Spy Story  
FAMILY

Saturday and Monday April, 12 and 14

## 'Riot On Sunset Strip'

Aldo Ray - Mimsey Farmer - Teen Age Drama  
ADULT

Special Matinee, Sat., April 12, at 2 p.m.

Tuesday and Wednesday April 15 and 16

## 'Thunder Alley'

Frankie Avalon - Fabian - Annette Funicello  
ADULT

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